



When your baby cries

All babies cry. Parents and caregivers often feel helpless by a crying baby. Shaking an infant or child out of anger is never the right choice. Shaking a baby can cause injury or even death to your baby. Try more positive ways to handle your emotions. This can help you and your baby feel better.

Do's

- Do take a few deep breaths
- Do count to 10
- Do talk to a friend
- Do try to find the reason for the crying such as sickness, pain or hunger

Don'ts

- Don't shake, slap, or hurt your baby
- Don't walk away from your baby until you have put it down in a safe place

A plan for when your baby cries



Try to find the reason for the crying

Make sure all of your baby's basic needs (food, diapers, if there is too much or too little clothing, etc.) are met. You can also check for signs of sickness or pain, like diaper rash.

Comfort your baby

Try rubbing your baby's back, gently rocking your baby, giving a pacifier, singing, or talking.



Take a walk

Take your baby for a walk in a stroller or ride in a car using a secure child safety seat in the back seat.

Take a time out

It is normal for babies to cry a lot. This may make parents very stressed. When you feel helpless or angry, take a minute to relax and calm down to reduce some of the stress you feel.



Talk with someone

Talk with a good friend or family member about how you are feeling. This will help you take a break and calm down.

How can I get help?



Call the National Crisis Hotline for victims of Hurricane Katrina at: 1-800-273-TALK (1-800-273-8255)